

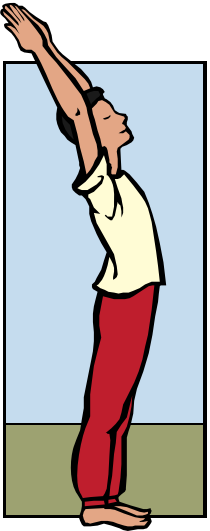


# **PADRECC Exercise Class held weekly**

**at**

## **Sitter & Barfoot Veterans Care Center**

**(right next to McGuire VAMC  
complex, near the back gate,  
and across from parking lot 8A)**



## **Exercise Class for Veterans with Parkinson's Disease**

**Every Friday - 1100 am**

**Join us for stretching, yoga,  
tai chi, BIG movements & more**



**New participants must be cleared by PADRECC doctors or SBVCC  
staff. Inquire at your next visit or call 675-6952. Ask for Lynn.**

Jan 2010